



# December Wellness Newsletter



## Ticket to Wellness



Congratulations to all that participated in the 2015 Wellness Program. You chose to embrace a healthy lifestyle journey and to reward you, if you obtained 12 points on your Ticket to Wellness card, a \$65.00 monetary incentive will be provided in pay period 25.

**Wellness Newsletter & Initiatives will return in February.**  
**DON'T FORGET TO BRING, EMAIL, MAIL, YOUR TICKET TO MARIE IN H.R. BY DECEMBER 4TH.**

### SPECIAL POINTS OF INTEREST:

- \* Ticket to Wellness
- \* Biggest Loser
- \* Healthy Recipes
- \* Holiday Travel Stress Tips
- \* Choose to Lose
- \* HelpNet

Congratulations to the Biggest Loser Challenge Winners. Two Chicks and Rick won with a huge loss. The BLC will come back again in February. Start thinking about your plan of action and your team of three awesome losers. In the meantime, enjoy the Holidays and avoid contact with the scale.



## TINSEL TOES 5K

**Saturday, December 12, 2015 5:30 PM**  
**EST Full Blast,**  
**35 West Hamblin Avenue**

The Tinsel Toes 5k, brought to you this year by Cereal City Athletics, is a family fun run that weaves through the beautiful Festival of Lights in Downtown Battle Creek. Our focus is on highlighting our beautiful downtown and bringing friends and family together for fitness and festive fun.

<https://runsignup.com/Race/MI/BattleCreek/TinselToes5K>

**DON'T FORGET TO WEAR YOUR UGLY CHRISTMAS SWEATER**



# Healthy Recipes for a Fit Ticket Point

## Pumpkin Apple Soup by Angela Hartung

1 Medium Pumpkin (about the size of a soccer ball)  
3 Honey Crisp Apples  
1 box of Vegetable Stock  
1 tsp salt  
½ tsp pepper  
1 tsp sage (optional) or 1 tsp thyme (optional)

### Preparation:

Open pumpkin, remove seeds and pith. Cut in half and put open side down on a cookie sheet lined with parchment paper. Add ¼ - ½ C of water to the pan. Roast pumpkin for 1 hour on 350°. While waiting, peel, core and cut up apples in to small pieces. You may also wish to clean and save out the pumpkin seeds.

Once pumpkin has cooled, remove the peel and cut into chunks. Run the chunks through a food processor to eliminate any stringy-ness. Run apples through also. Put pumpkin, apples, vegetable stock, salt and pepper into a

stock pot and simmer for 1 hour. Season to your liking. Sage or thyme are compatible.

Put soup in blender (a little at a time) and run on puree for a creamy finish.



### Pumpkin Seeds

You can clean and dry these on a cookie sheet in the oven on warm for 30 minutes or so. (Seeds will stay white)

Another option is to clean and put in a sauce pan with water and salt, bring to a boil, turn the heat off, but leave pan on the burner for about 10 minutes, then drain. Add to a cookie sheet with olive oil, salt and cook at 200-250 for 30 minutes. Seeds will brown a bit with this method.

## Turkey Fruit Platter by Lora Stevens

Use a large dinner plate.

(You can use any kind of fruit in any order)

On the outside ¾ ring place Oranges  
Next ring on the inside sliced Kiwi  
Next ring Strawberries sliced in half  
Next ring Blueberries  
Next ring Grapes  
In the center, add a pear with two eyes that are Cloves  
Add a little beak with a piece of apple  
Cut a piece of apple into 3 toed feet placed on the bottom of the pear.



## Tiny Tuna Delights by Karen Wilkins

2 eggs  
2 cans (5 oz each) chunk light tuna in water-drained  
1 pkg (6 oz) stuffing mix for chicken  
1 cup water  
1 stalk celery, finely chopped  
4 green onions, chopped  
½ cup reduced fat (light) mayonnaise  
4 oz 2% milk Velveeta (or any lowfat cheese of your choice) cut into 12 cubes.

Heat oven to 400°

Mix all ingredients, except cheese, until blended. Spoon into 12 muffin cups- sprayed lightly with cooking spray. Press one cube of cheese into center of mixture, complete-

ly covering cheese with tuna mixture.  
Bake 15 minutes, or until golden brown.  
Cool 5 minutes before removing from pan to serve.



# Cut Your Holiday Travel Stress Tips

Being home for the holidays is part of the joy of the season. But for many of us, getting there is super-stressful. It's you -- with gifts, luggage, and kids in tow -- up against flight delays, crowded airports, and wintry roads. Here are 10 tips to help you escape the heartache and headache of holiday travel. We've focused mostly on air travel, but these principles can apply to any way you hit the road.

## **Book early**

Set your travel plans as early as possible to get cheaper deals and more flexible schedules. Pick non-stop flights if you can. Early morning ones are less often delayed than later ones. Avoid traveling on the busiest dates -- the day before Thanksgiving and the two days before and after Christmas and New Year's. Better yet, fly on the actual holidays and you're likely to face minimal crowds.

## **Let's get digital**

Before you leave home, download plenty of entertainment to your tablet, e-reader, smartphone, laptop, or portable DVD player. The familiarity of a favorite show or video game fights boredom and stress. If ever there was a time to let your little ones zone out on cartoons for an hour or two, an unexpected delay on the road is it. Be sure to bring earphones that fit them, backup batteries, and chargers.

## **Allow lots of time**

Leave the house an hour earlier than usual to beat delays. Imagine relaxing as you explore the airport or train station, versus hurtling down the terminal with bags in tow -- it's an easy choice. Also, the earlier you've checked in, the less likely you are to be bumped off an overbooked flight. Plus you get more time to eat or pick up food for the journey.

## **Travel light**

Even if you're checking bags, consider shipping gifts and non-essentials ahead of time. You'll cut down luggage hassle and how much you have to drag around. Plus you can insure and track them better. You can even mail items already packed in a suitcase. Or, buy presents online and toss some gift bags into your carry-on. Allow two to three weeks for shipping. If you must fly with gifts, keep them unwrapped in case security needs to examine your stuff.

## **Prepare for security**

If you're flying, make sure you're organized before entering security. Put your change, keys, belts, phone, and jewelry in your carry-on instead of emptying pockets in line. If you're traveling with kids, use the family lane if one is available. Make sure your child knows what to expect. Any "lovies" or carry-on toys need to be screened, so be sure they know they'll have to hand it over. Kids under 12 can keep their shoes on.

## **Plan for delays**

Prepare mentally to be delayed or rerouted. It'll help you take charge, minimize stress, and figure out Plan B. In case you're stuck overnight, carry snacks, extra clothes for everyone, and some small toy surprises to whip out as a diversion. Just in case, program your phone with numbers for airlines, rental cars, and friends or family in connecting flight towns.

## **Stay well-fed**

An empty stomach makes for super-cranky travelers. And it's easier to beat boredom with some on-board noshing, especially for your pint-sized passengers. Since airlines are increasingly unreliable for keeping your tummy satisfied, stock up on healthy non-sticky snacks. Choose protein or high-fiber foods to keep you feeling fuller, like nuts, dried fruit, cheese, and hard-boiled eggs. Or, pick up your next meal after security before boarding.

## **Remember: Others are stressed too**

Holiday travel is hectic for all involved. Take deep breaths, put a smile on your face, and stay positive. Getting away from everyday schedules and surroundings is especially tough on kids' stress. So include them in the trip planning and bring favorite small toys, books, and other familiar items. And remember that getting upset with airport personnel doesn't help as much as calm, kind words and an upbeat attitude.

## **Stay healthy**

Being sick while away from home only worsens holiday stress. Winter travel raises the risk of colds and flu. Plan ahead by getting a flu shot or nasal flu vaccine. Wash your hands often and carry antibacterial hand gel to ward off germs. Dress in loose-fitting, tightly woven clothing layers to stay warm.

## **Conquer the roads**

Get an early start to avoid the heaviest traffic. Try to make the drive fun. Involve the kids by singing and playing games. Stop often to stretch your legs, refocus, and give everyone some space. Bring plenty of snacks and water. Before leaving, have your car checked for brakes, battery, fluids, and tire pressure. Take a first-aid kit, flashlight, blankets, flares, jumper cables, and an ice scraper.

Source: [www.webmd.com](http://www.webmd.com)



# Will Count for a Fit Ticket Point in 2016

Battle Creek Family YMCA



## CHOOSE TO LOSE

10-WEEK WEIGHT LOSS CHALLENGE

It's time for a new you!



### WHEN ►

**January 8 – March 18**

**Registration begins December 1!**

### COST:

**\$250 non-members; \$150 members**

Individual program available. See website for details.

### CONTACT:

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Be a part of  
a team and  
compete  
against other  
teams in  
this trainer-  
led program!

**Limited Spots Available!**

**REGISTER AT THE WELCOME DESK**

**PRIZES**  
AWARDED TO THE  
TOP 3 INDIVIDUALS  
WHO LOSE THE  
HIGHEST PERCENTAGE  
OF WEIGHT.

DEC  
2015

liveWELL



## Give Yourself the Gift of Health

Do you have a wellness goal or a lifestyle change that you want to achieve in 2016? Consider talking with a certified wellness coach. A wellness coach is someone who supports you in achieving your wellness vision and goals in the areas of physical activity, healthy eating, stress management, weight management, or tobacco cessation. A coach's role is to support you in making the changes you want to see within yourself.

- **Having a coach now can help assist current health and wellness concerns that can prevent any future health problems.** Working with an organization that offers wellness coaching can help benefit the work-life atmosphere by decreasing sick days, improving morale, and enhancing professional performance.
- **Coaches help you to create SMART goals.** SMART goals include short-term, manageable steps forward that will create long-term changes.
- **Coaching comes with accountability.** Many people find it easier to accomplish a task when they know they have to relay the information to someone else.
- **People who participate in coaching also appreciate the support and encouragement from a neutral party.** While we do have family and friends who want us to make changes in our lives, sometimes it helps to get an outside perspective to see current progress.

HelpNet

**Take advantage of your free wellness coaching benefit today!**

VISIT [WWW.HELPNETEAP.COM](http://WWW.HELPNETEAP.COM) OR CALL 1-(888) 975-9355 TO SPEAK TO A WELLNESS COACH ABOUT ADDITIONAL RESOURCES AVAILABLE. **No time to talk?** USE THE LIVE CHAT FEATURE ON THE WEBSITE TO CONNECT WITH A COACH VIA INSTANT MESSAGE.